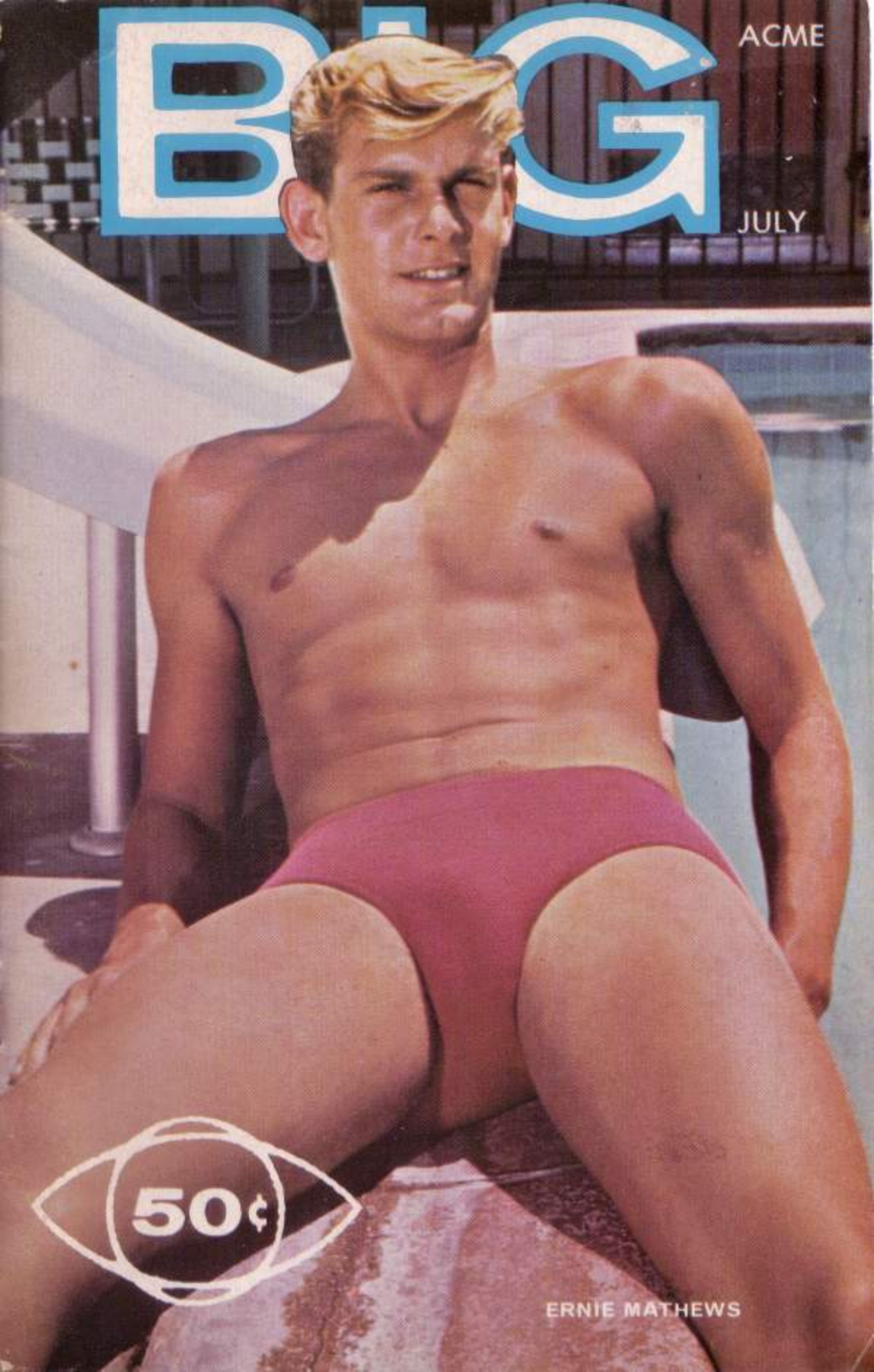


BIG

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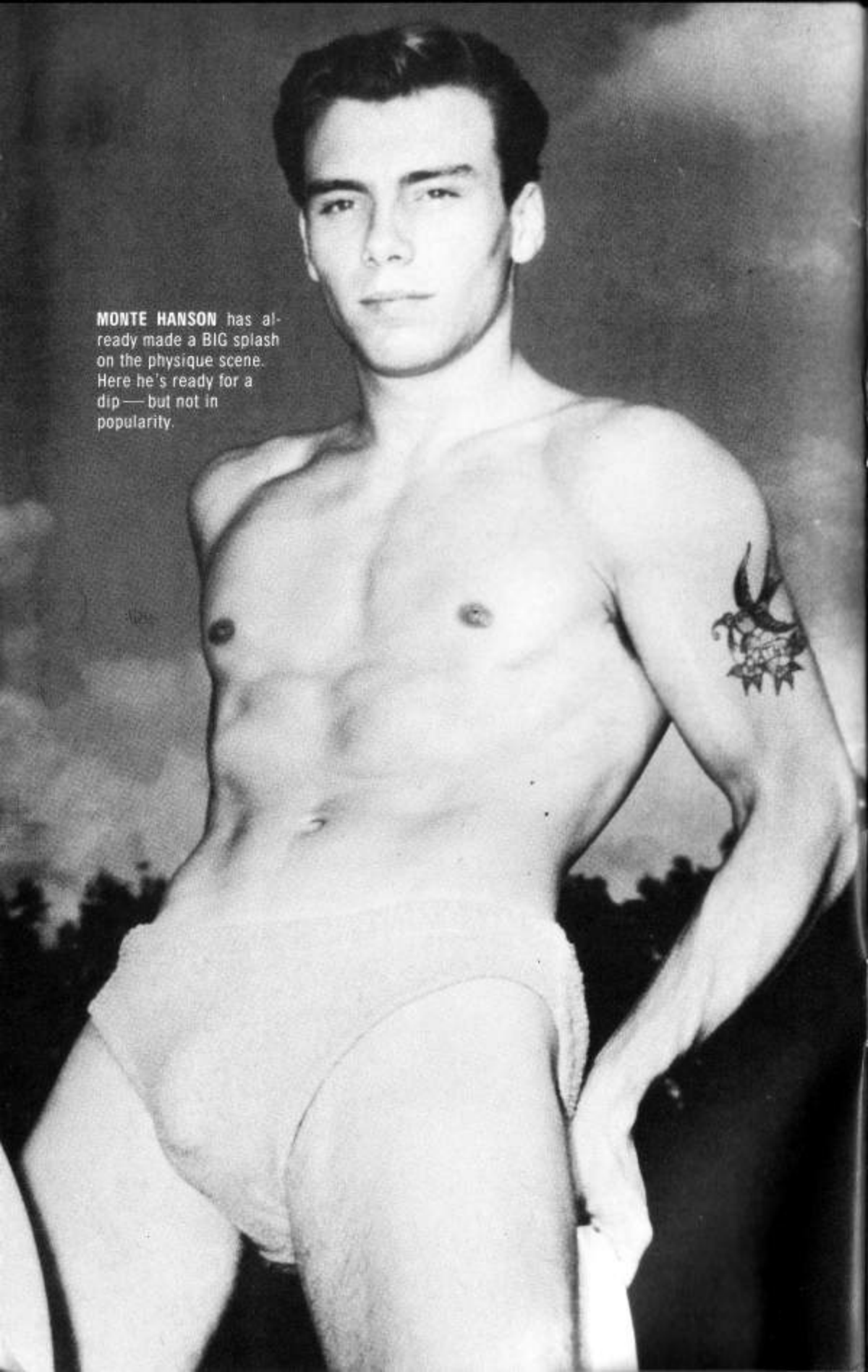
JULY



50¢

ERNIE MATHEWS

MONTE HANSON has already made a BIG splash on the physique scene. Here he's ready for a dip—but not in popularity.



VOL. 3, NO. 3

JULY, 1964

Eye of the



ARTIST

Eye of the



BEHOLDER



Eye of the



CAMERA

THE

BIG

VIEW

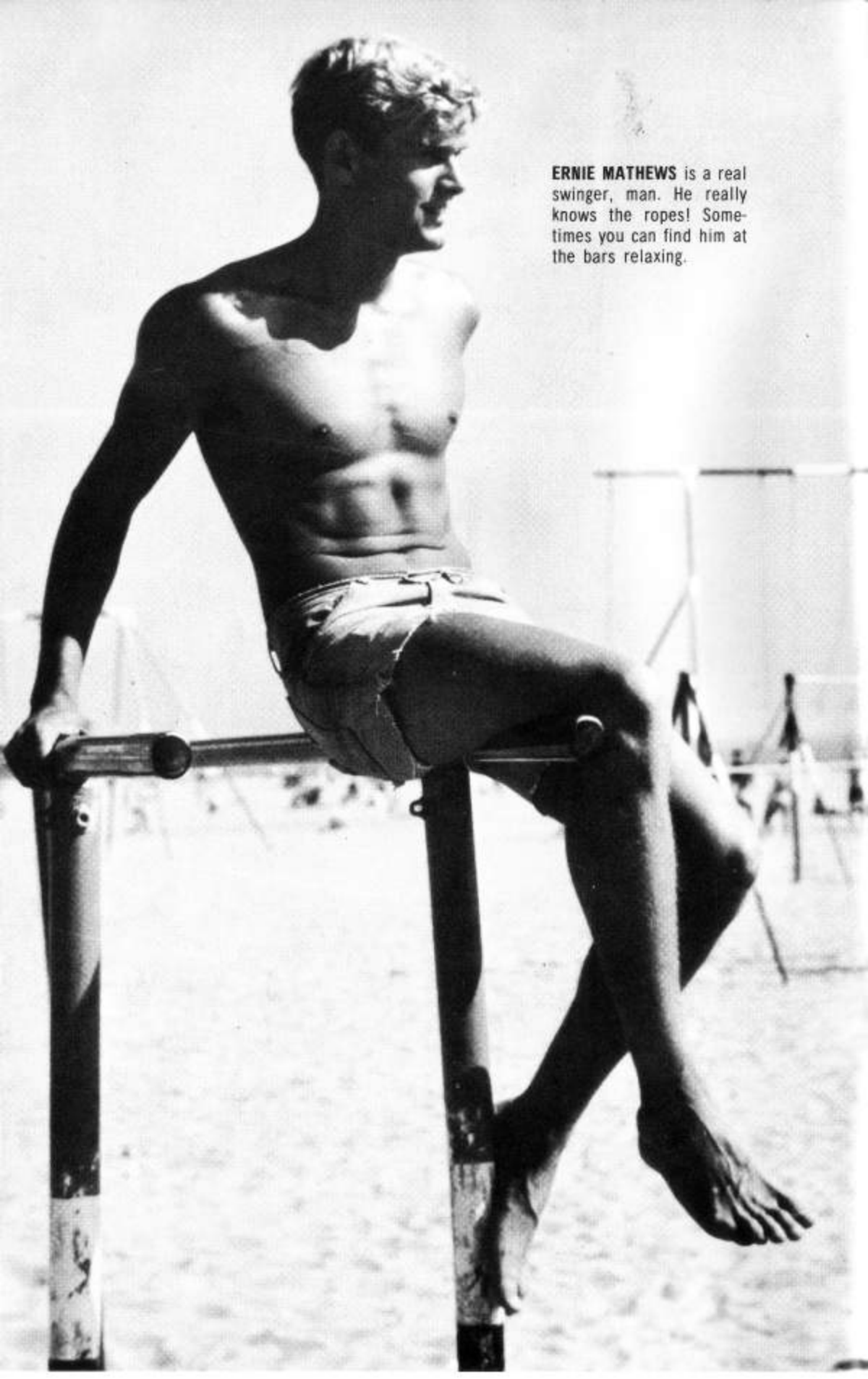
BIG's point of view should serve to inspire the young men of this nation to keep physically fit through healthful indoor and outdoor activity.

BIG is published bi-monthly (every other month) by WALJIM ENTERPRISES, INC., Box 3255, Grand Central Station, New York 17, N.Y. Subscription rates are \$6.00 for 12 issues sent to you by sealed first class mail in plain wrapper. Foreign readers (except Canada and Mexico) please add \$2.00 to the above rates. All photos, manuscripts and art submitted to BIG become the property of BIG and submission of material will be construed as permission to publish same without any further correspondence.

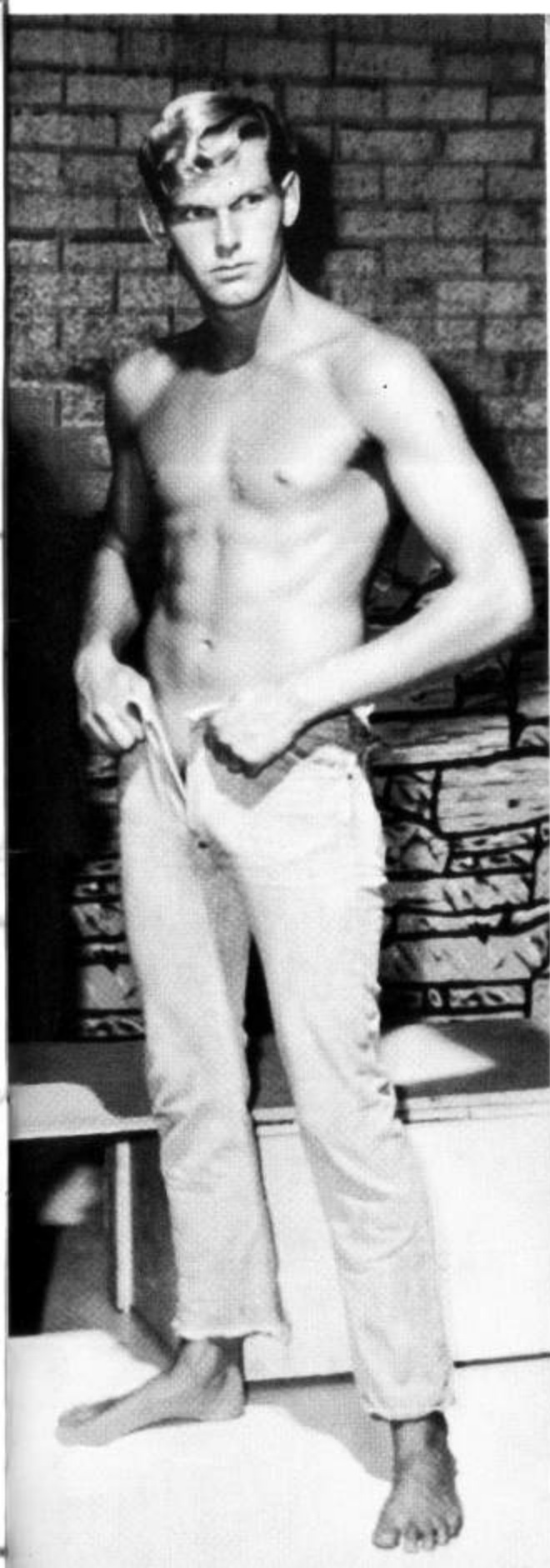
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ERNIE MATHEWS is a real swinger, man. He really knows the ropes! Sometimes you can find him at the bars relaxing.





◀ The truth will come out in this scene from the story
"TEXAS STRANGERS"

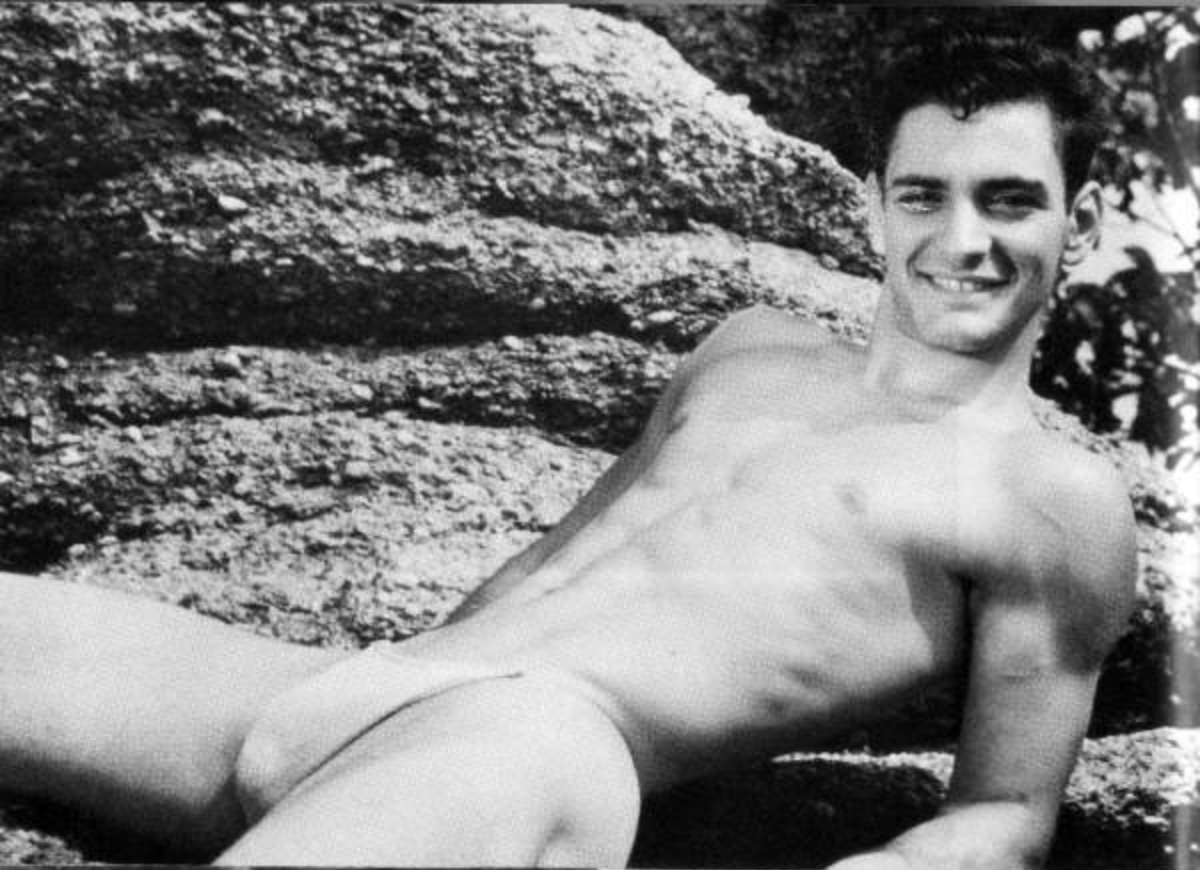
See ad, page 38.



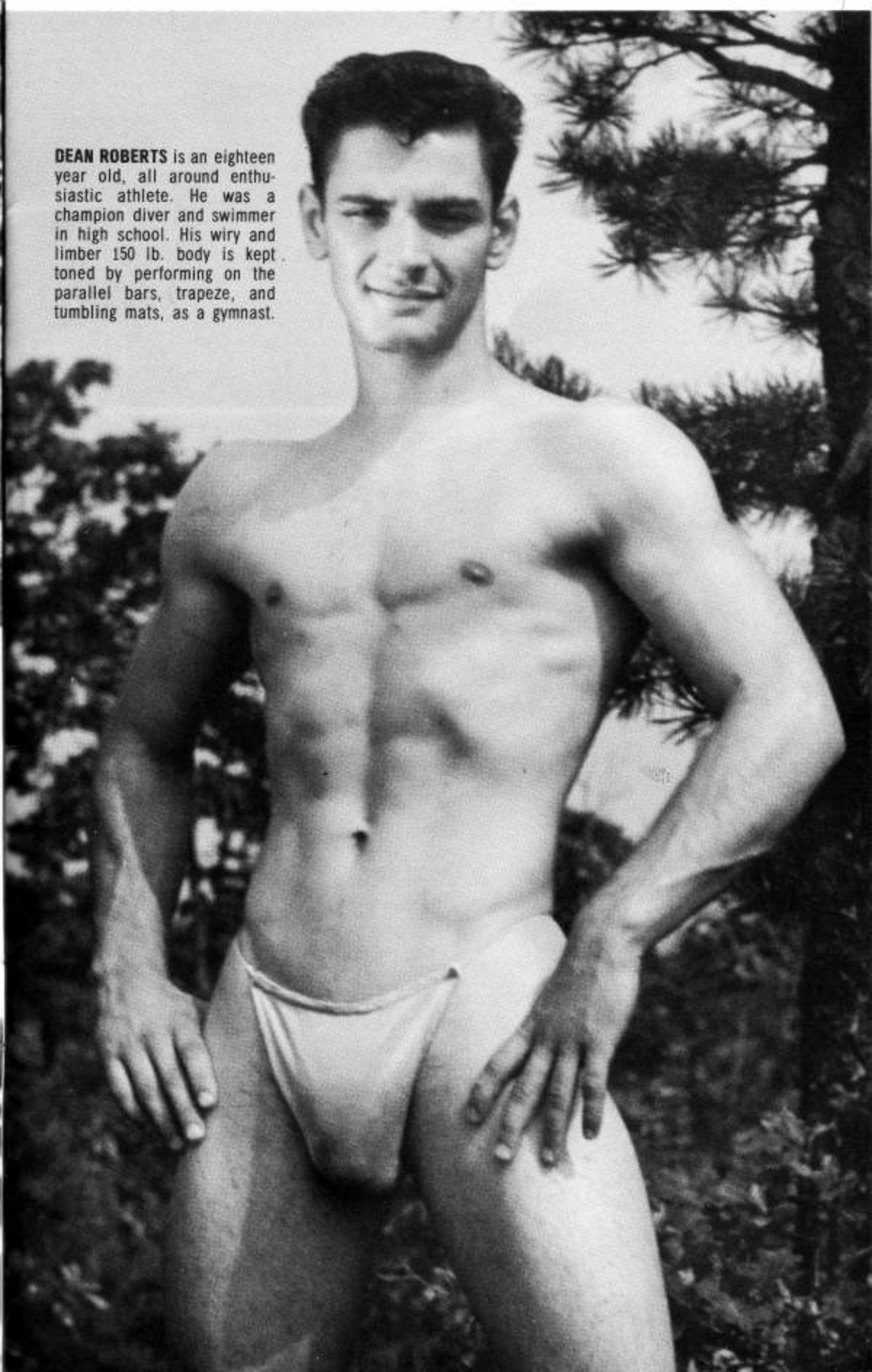
▲ In this scene, we're nearing the climax of the story

**"HOLD-UP
ON THE RIO GRANDE"**

See ad, page 38.



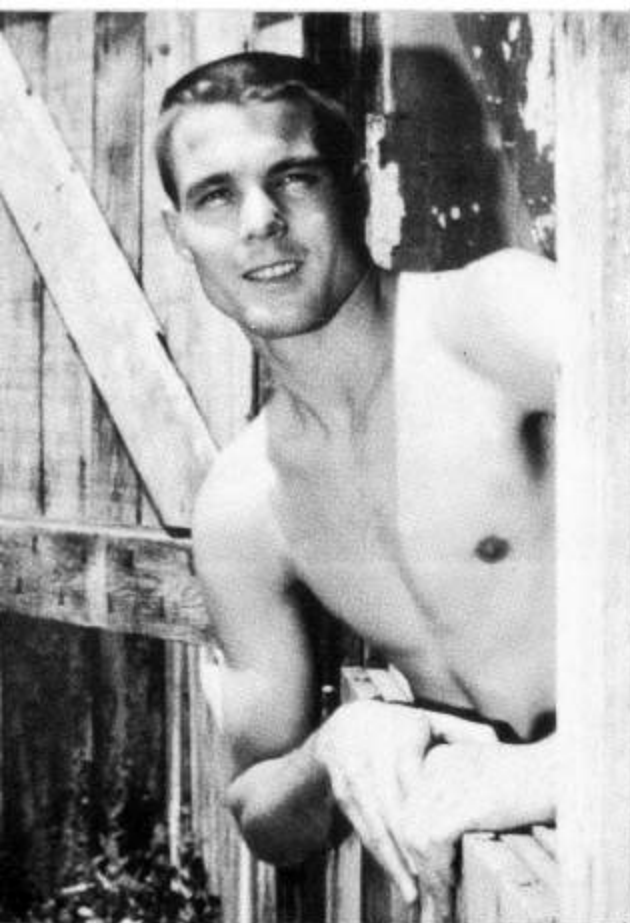
DEAN ROBERTS is an eighteen year old, all around enthusiastic athlete. He was a champion diver and swimmer in high school. His wiry and limber 150 lb. body is kept toned by performing on the parallel bars, trapeze, and tumbling mats, as a gymnast.



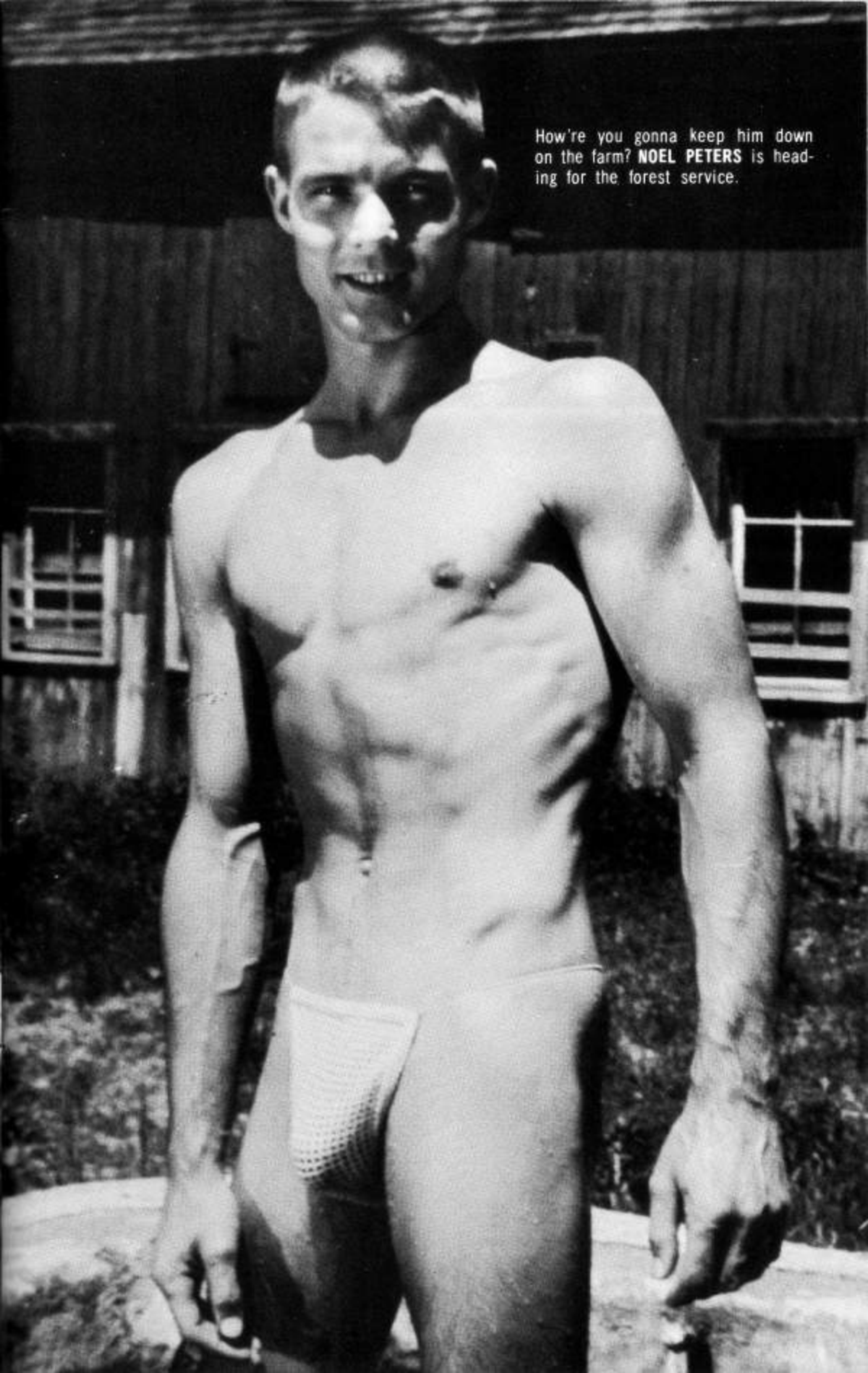




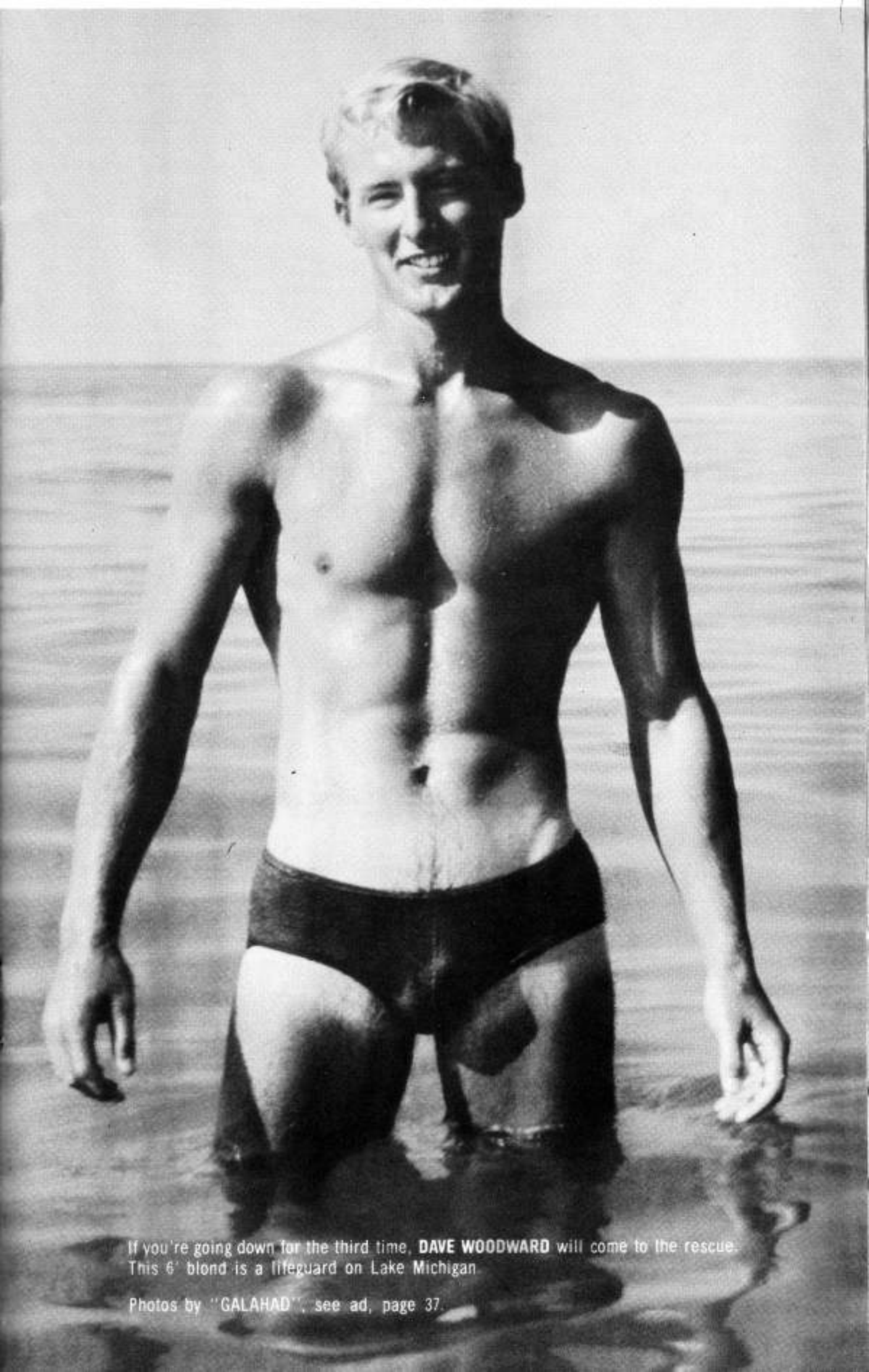
Although **BUD CLARKE** has switched from playing end to the backfield, he's still one of the best pass-receivers in the East.



How're you gonna keep him down on the farm? **NOEL PETERS** is heading for the forest service.

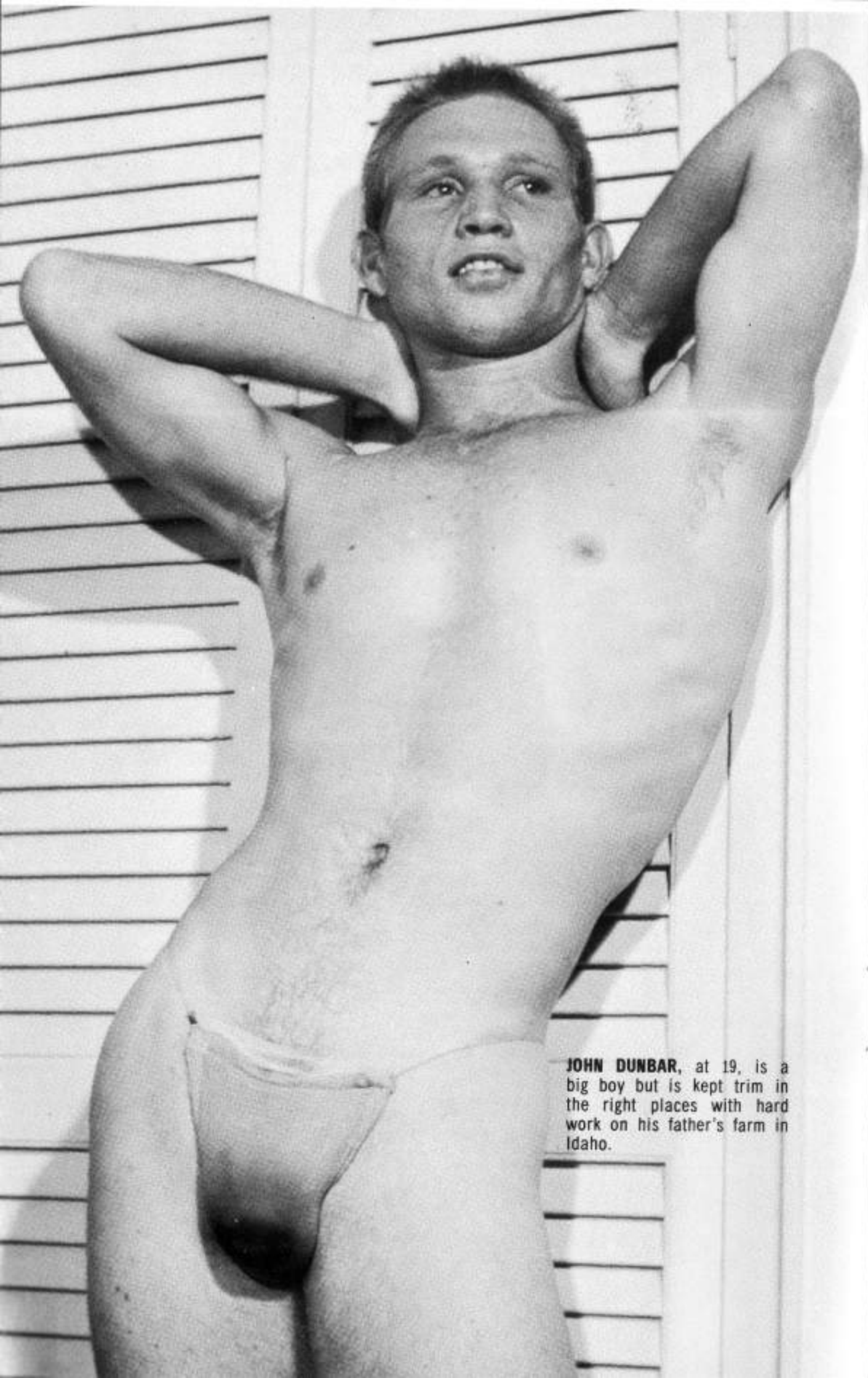






If you're going down for the third time, **DAVE WOODWARD** will come to the rescue. This 6' blond is a lifeguard on Lake Michigan.

Photos by "GALAHAD", see ad, page 37.



JOHN DUNBAR, at 19, is a big boy but is kept trim in the right places with hard work on his father's farm in Idaho.

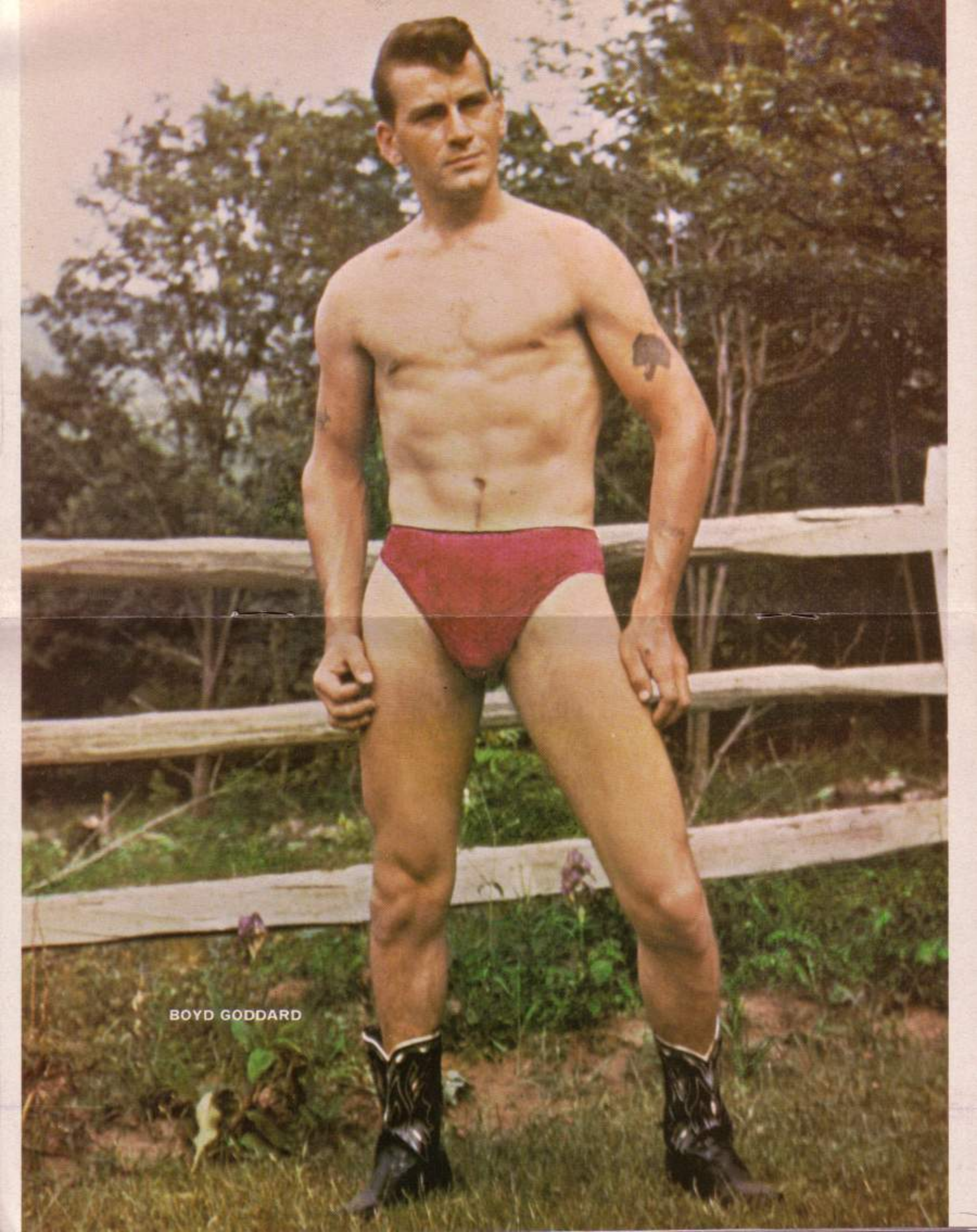
A black and white photograph of a very muscular man, Lance York, posing in a field. He is shirtless, wearing only white briefs, and is flexing his right bicep while his left hand rests on his hip. He has dark hair and a serious expression. The background shows a grassy field with some trees in the distance under a clear sky.

LANCE YORK is playing at the Dunes. You can catch his act on Jones Beach — not in Las Vegas!

Champion managed to corral **BOYD GODDARD**. He's the kind of Texas hostler who'd stand out in any man's stable. After a hard workout, Boyd always stretches out — and that's no bunk!







BOYD GODDARD





17-year-old student actor
BRUCE MacNEILL hasn't yet
had his "big break", but he isn't
taking it lying down. He studies hard
and is always ready for a chance.

Like most boys getting a liberal college education, **WALT COVERT** has a lot of extracurricular interests. He performs well in all his subjects, but likes it best outdoors.

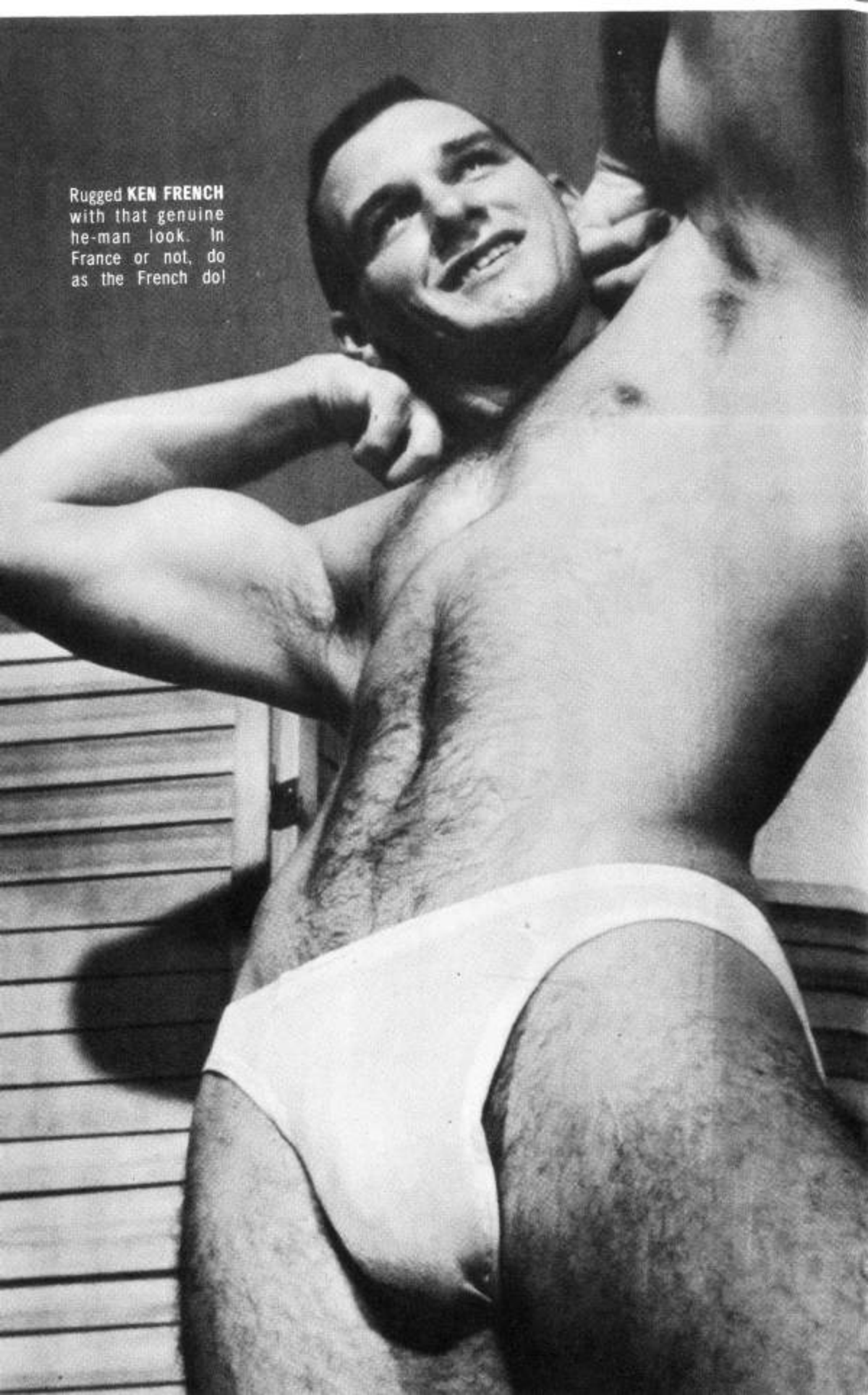


BIG PREVIEWS

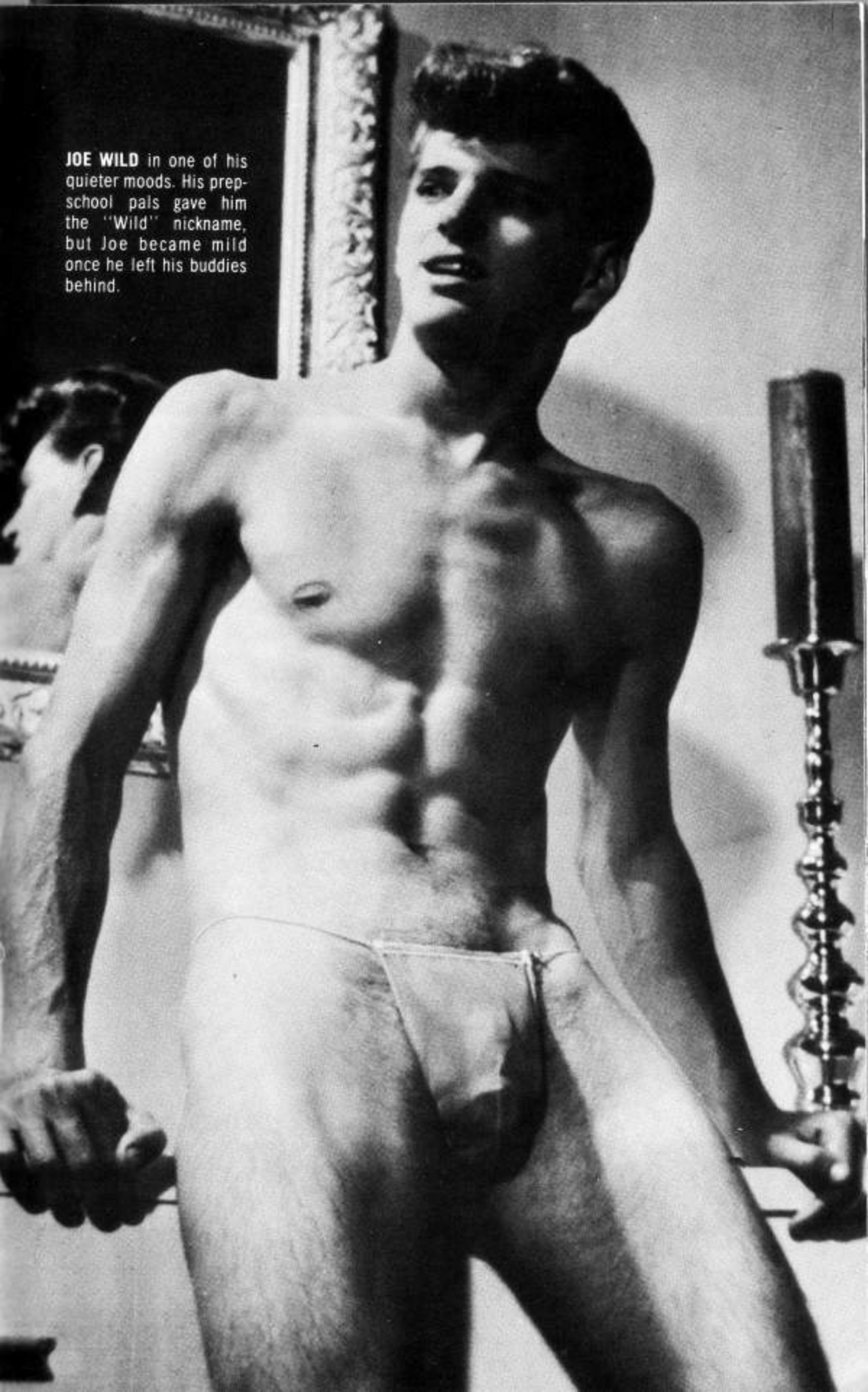
A champ on the trampoline at an Ivy League school, **DOUG MARSHALL** was in perfect shape for high-style fashion modeling.

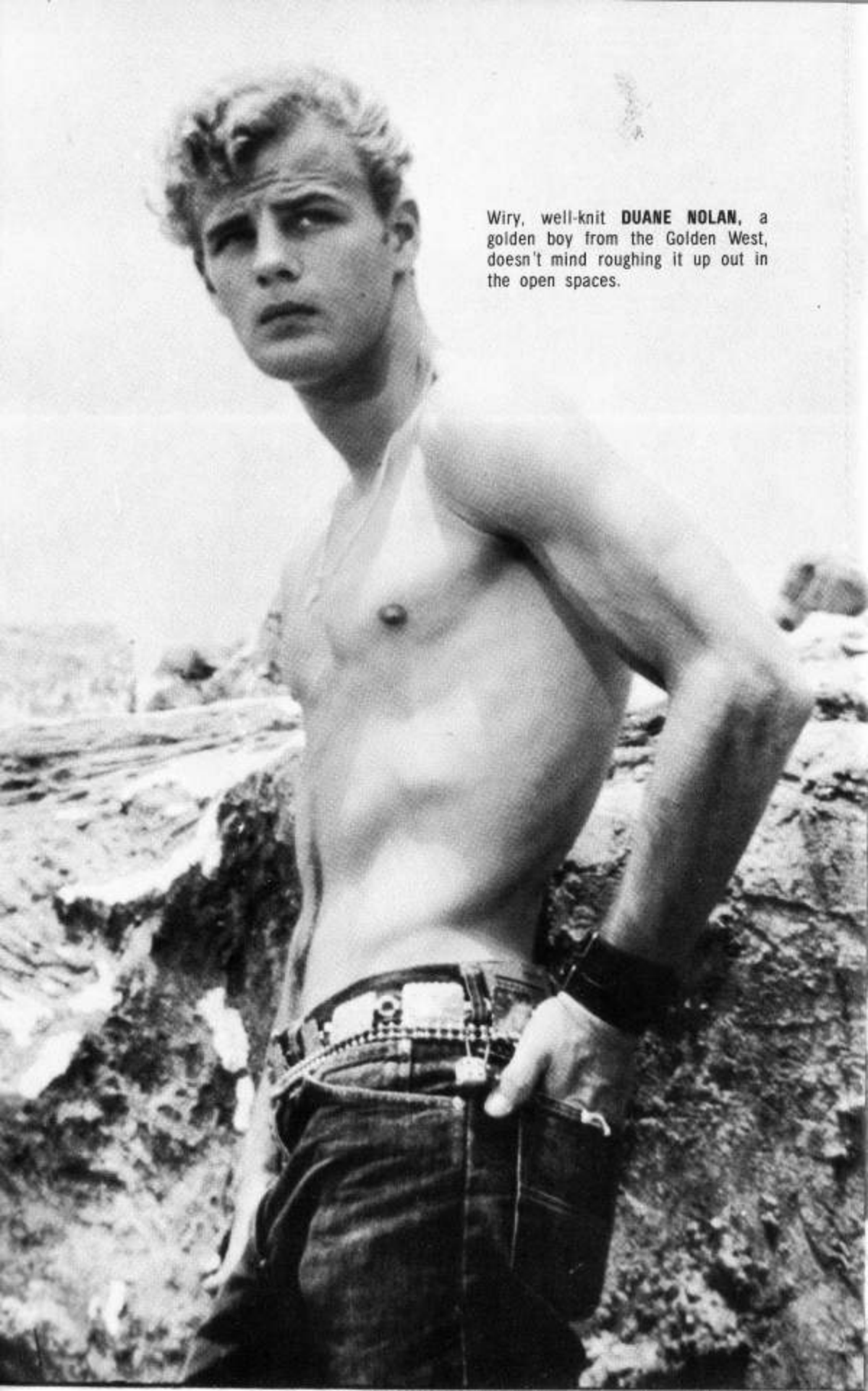


Rugged **KEN FRENCH**
with that genuine
he-man look. In
France or not, do
as the French do!

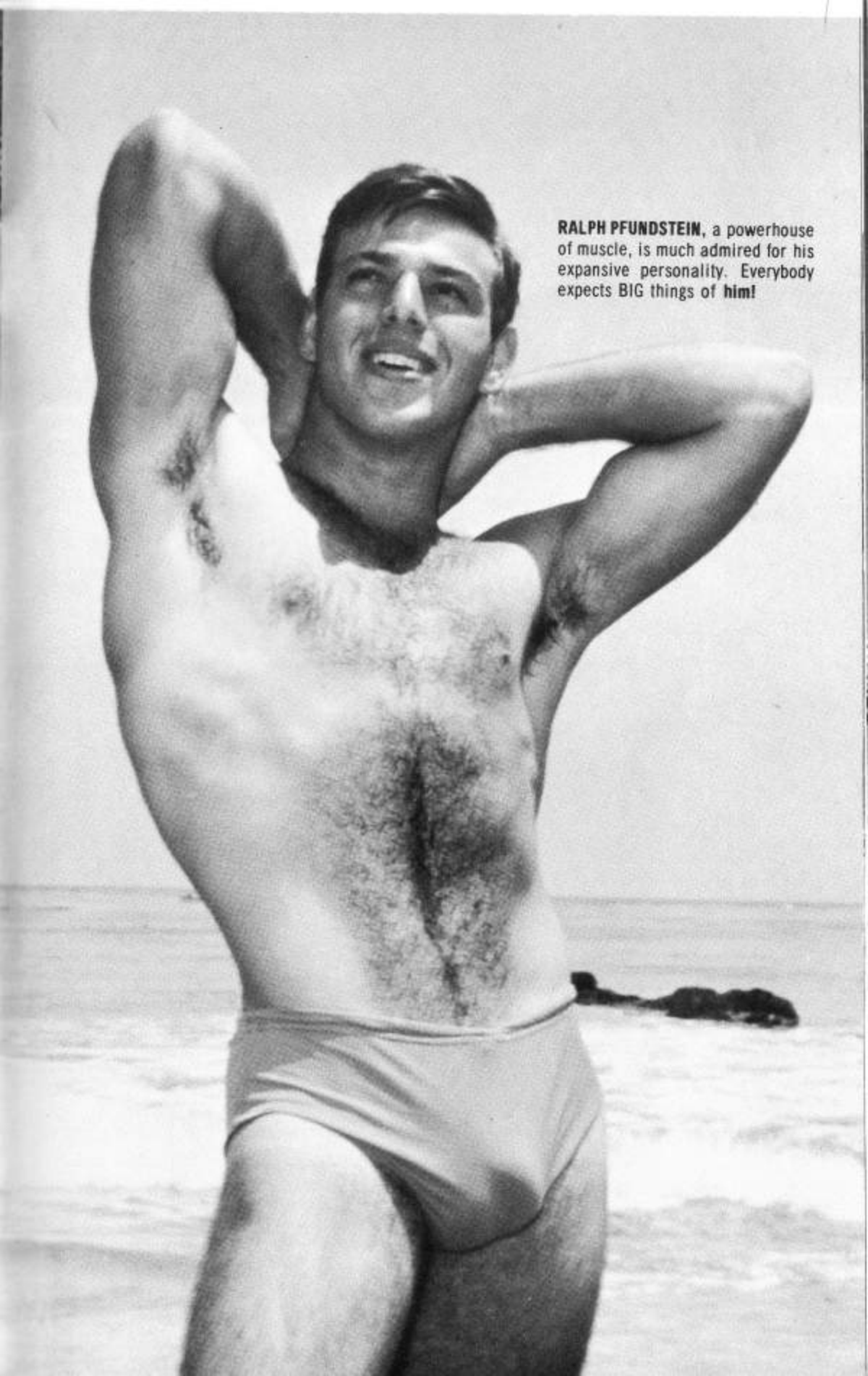


JOE WILD in one of his quieter moods. His prep-school pals gave him the "Wild" nickname, but Joe became mild once he left his buddies behind.



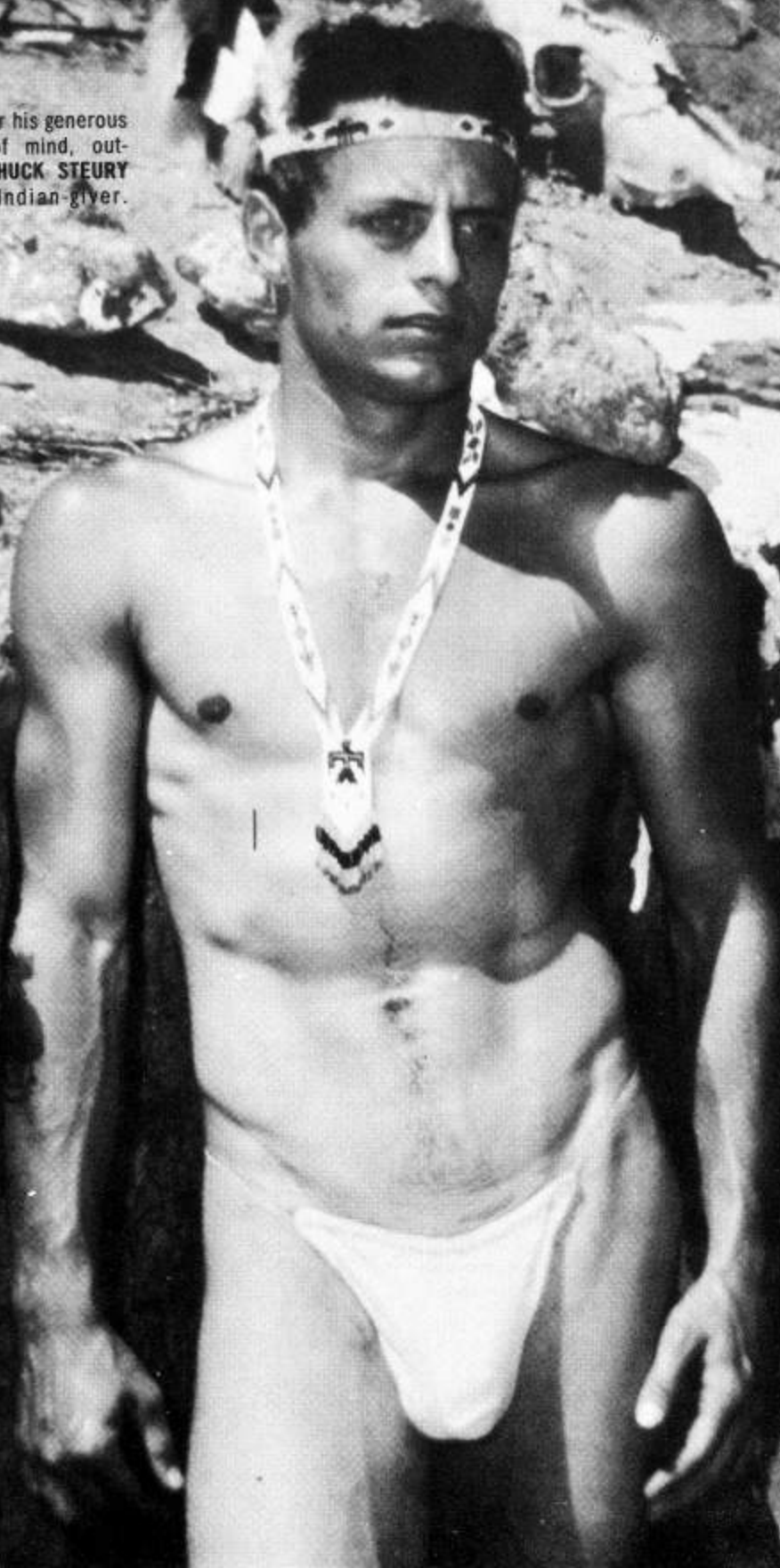
A black and white photograph of a young man, Duane Nolan, standing shirtless on a rocky, uneven shore. He is looking off to the side with a serious expression. He has short, wavy hair and is wearing dark jeans with a prominent, patterned belt. His right hand is in his pocket, and he is wearing a dark wristband on his left wrist. The background shows a body of water and a distant shoreline under a bright sky.

Wiry, well-knit **DUANE NOLAN**, a golden boy from the Golden West, doesn't mind roughing it up out in the open spaces.

A black and white photograph of a young, muscular man standing on a beach. He is shirtless, wearing only light-colored swim trunks. His arms are raised, with his hands clasped behind his head. He has a bright, happy expression, looking slightly upwards and to the right. His chest and abdomen are covered in dark, thick hair. The background shows the ocean with gentle waves and a clear sky. In the distance, a dark, rocky outcrop is visible in the water.

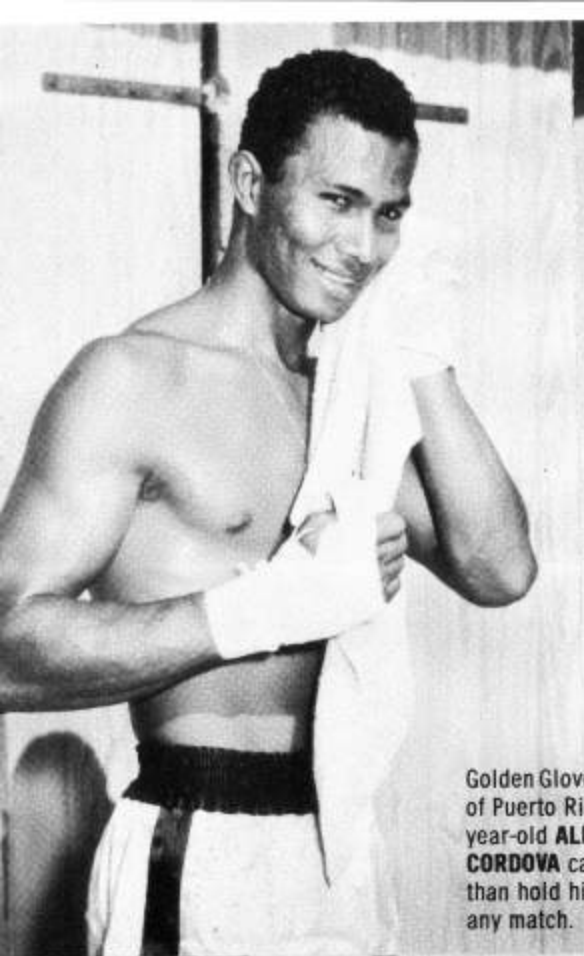
RALPH PFUNDSTEIN, a powerhouse of muscle, is much admired for his expansive personality. Everybody expects BIG things of him!

Noted for his generous
frame of mind, out-
going **CHUCK STEURY**
is no Indian-giver.

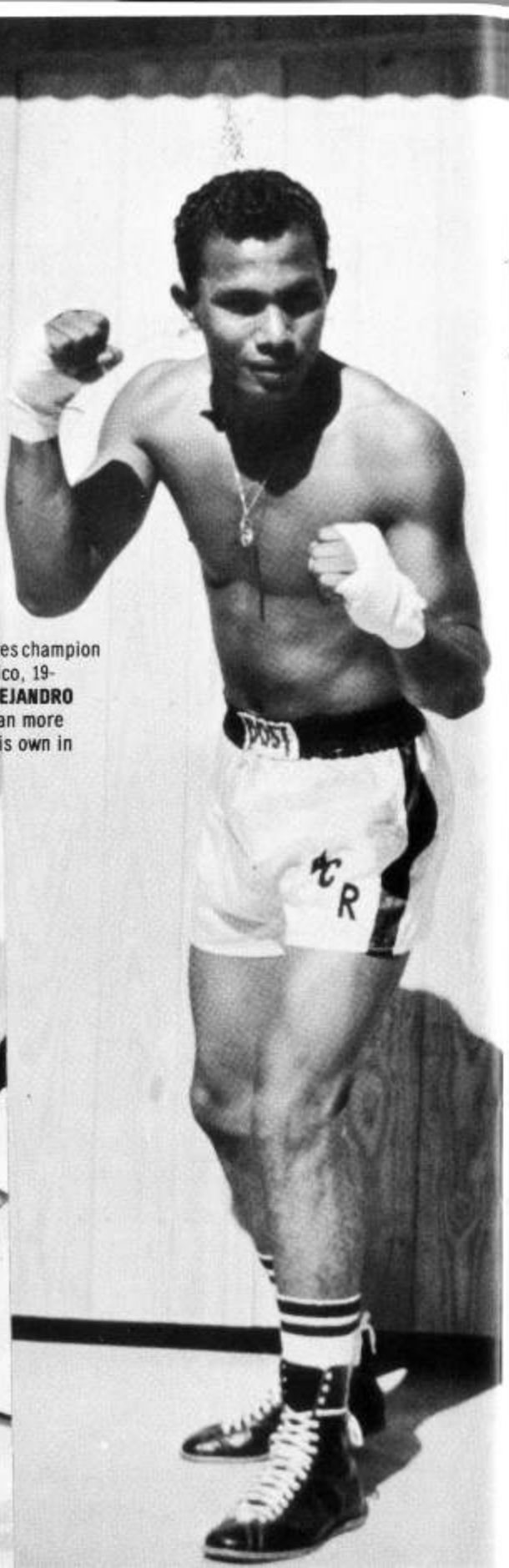


On the look for new
palefaces to conquer,
this BIG chieftain is
EMILIO CASTILLO.
Anyone brave enough
for a tussle?





Golden Gloves champion of Puerto Rico, 19-year-old **ALEJANDRO CORDOVA** can more than hold his own in any match.





BIG^s EXERCISE

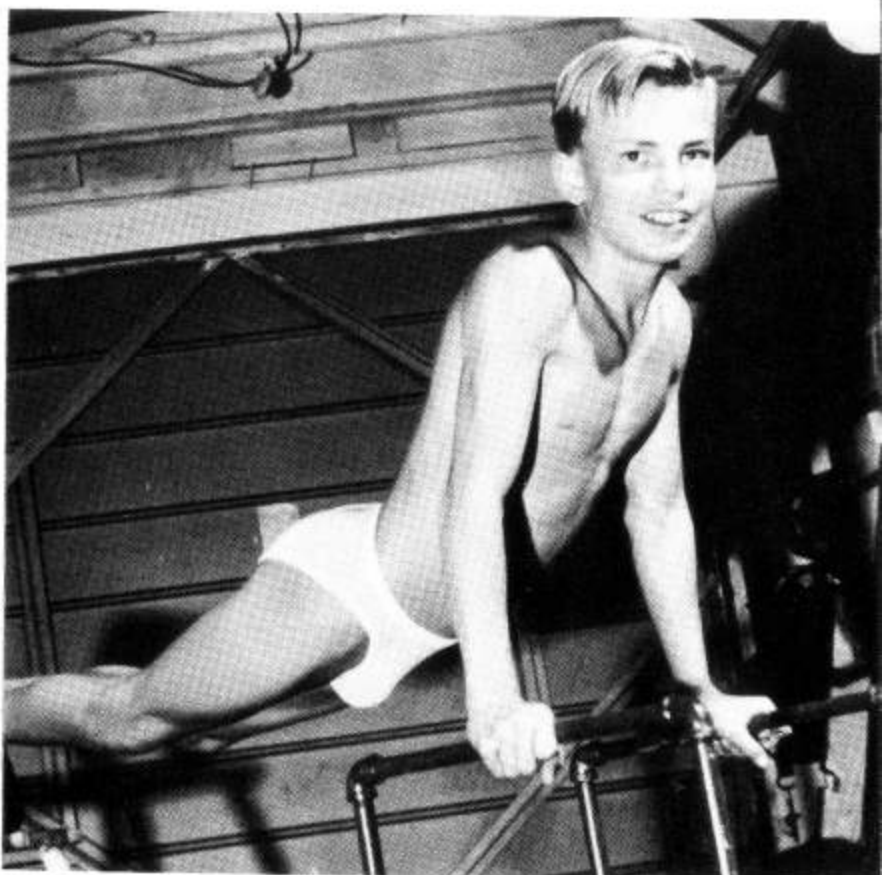
BY KERI LONG

To develop a physique such as Jim Stryker or Dick Stark, a fellow usually has to start while he is young in building a solid foundation of strong bones and sturdy muscle tissue. Probably no one exemplifies this as well as Buddy Regan, CHAMPION's new, young physique star.

As for actual calisthenics, push-ups and working out with light weights are superb during these formative years. These are the type of activities which mold the foundation of a perfect chest as well as developing and shaping the arm, leg, and back muscles. Working out with a partner is always a good practice and especially important for a young boy like Buddy. As Buddy says, "You can't go wrong when you're working with a partner like Walt Covert."

Rowing is another fine body-builder and an activity enjoyed by most boys. Straining against the oars gives nature some help in strengthening the chest and back as well as starting the formation of that V-shaped torso, so necessary to a good physique. Rowing also helps to tone and define the arm muscles.

Another favorite activity of Buddy's is working out on a punching bag. While teaching a little about self-defense, this activity also is good for



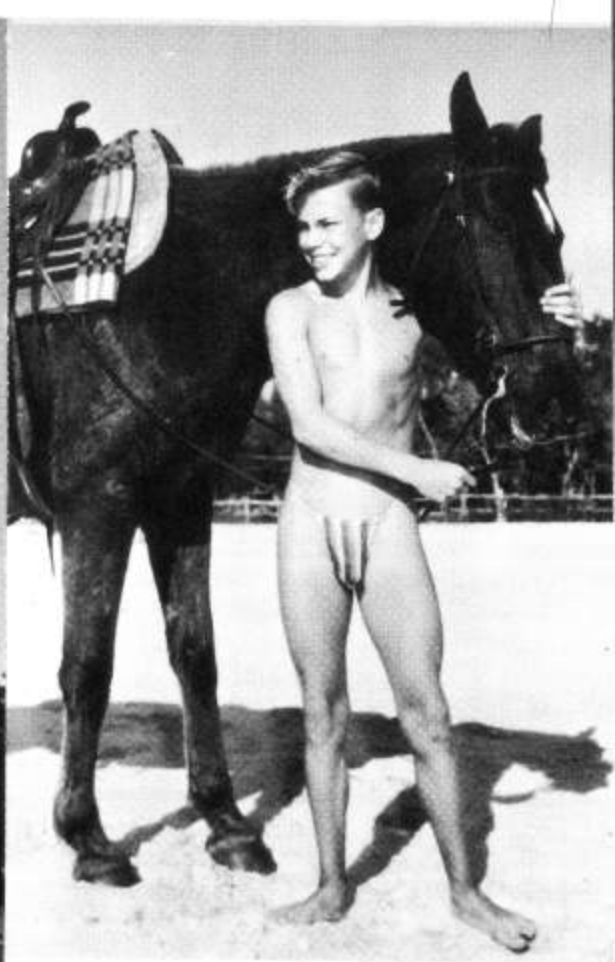


endurance and stamina. A final prime benefit of the punching bag is the springiness and strength it builds into the legs. After working on the bag for a while, even a little guy can pack a wallop.

A fourth all-around conditioning activity is horse-back riding. This romp in the fresh air is one of nature's best limbering and toning exercises for the entire body. Besides stamina and endurance, riding gives benefit to the

legs and back also.

Walking on stilts or bouncing on a pogo stick are also fine conditioners and favorites of Buddy. These activities, of course, concentrate their benefit on the legs but also have a toning effect on the entire body. They provide great practice in muscular coordination and control as well as balance. These seemingly "kid activities" are some of the most beneficial exercises a young fellow can participate in.



Hey, let's not forget actual sports. Beach football is great fun besides the good it does the entire body. This rough and tumble sport gets even rougher when played in the sand. The good it does the leg muscles is undeniable, but it is also of value to the endurance and over-all body condition of our young athlete.

Whether you're as young as Buddy or old enough to play the part of his uncle, it is never too early or too late to begin a program toward better body conditioning and health. So why not get into the play of some of these activities today and feel better tomorrow.

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